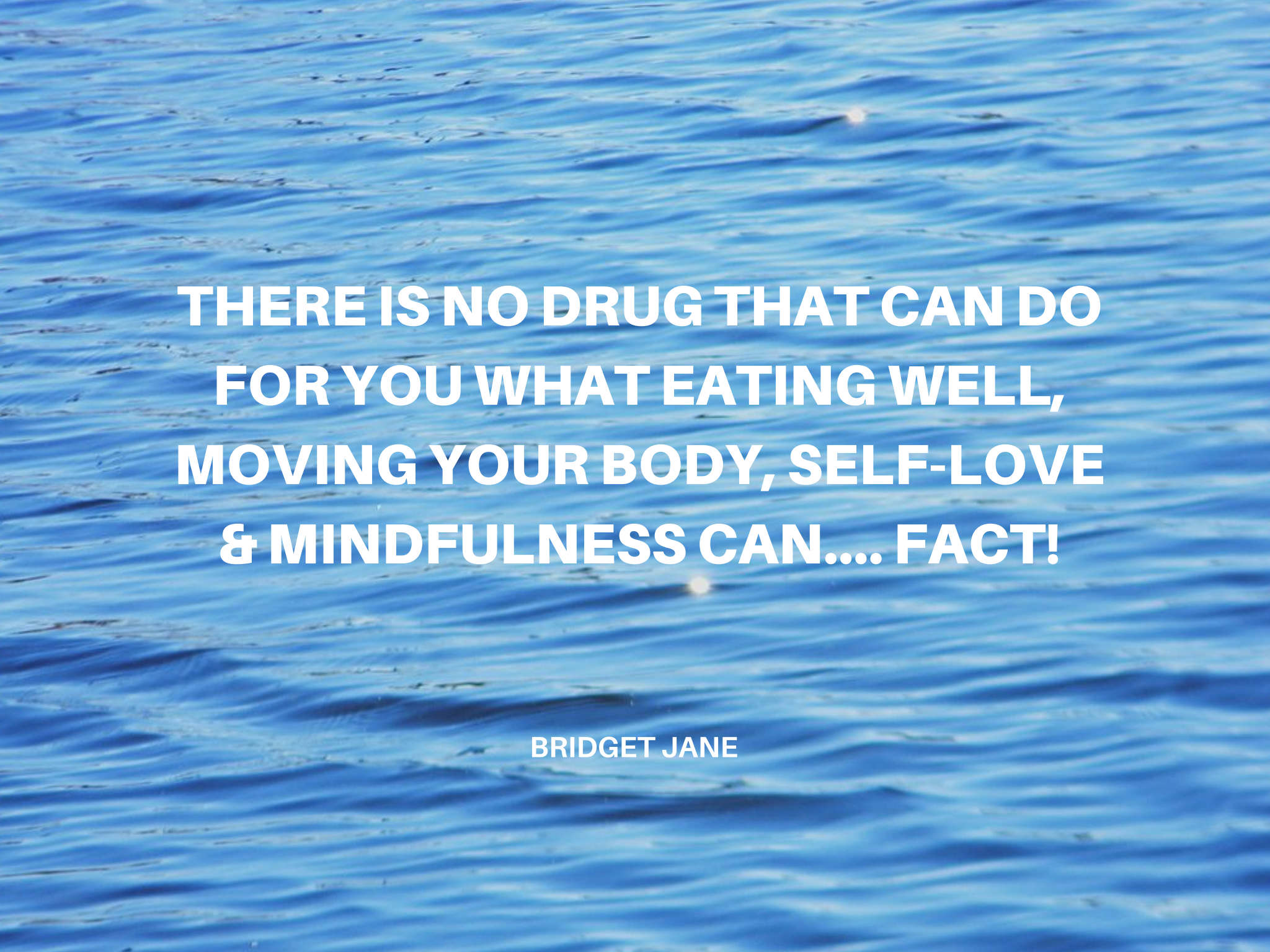


Click the logo to follow us!

# Healthy Columbus

Employee Wellness Program Newsletter



The background of the image is a close-up, high-resolution shot of blue water. The water's surface is covered in fine, rhythmic ripples that catch the light, creating a shimmering effect. The color is a deep, vibrant blue, with slight variations in tone due to the play of light and shadow on the water's surface. The overall texture is smooth yet dynamic, suggesting a calm but active body of water.

**THERE IS NO DRUG THAT CAN DO  
FOR YOU WHAT EATING WELL,  
MOVING YOUR BODY, SELF-LOVE  
& MINDFULNESS CAN.... FACT!**

**BRIDGET JANE**





# 4TH QTR

## Group Fitness Classes

# Q4 Registration is now open!

24 on-site group fitness classes are offered each week to employees at no cost!

Adult dependents on the City's health plan are permitted to attend with prior authorization. Email [BTKimbro@columbus.gov](mailto:BTKimbro@columbus.gov).

Right Start fitness coaching program is offered at Front Street Fitness. This free program is a great compliment to the group fitness classes. You will meet with an exercise specialist to set and meet your personal fitness goals!

Email Pat to get started - [PLShick@Columbus.gov](mailto:PLShick@Columbus.gov)

Registration Now Open!

# The 2017 Water Challenge

- Learn about the benefits of drinking more water!
- Discover fun ways to incorporate more water into your daily habits!
- Pick up your water bottle at any Health Screening or from your Wellness Team Ambassador!

healthyCOLUMBUS  
CITY EMPLOYEE WELLNESS PROGRAM

WE ARE  
WATER



HEALTHY COLUMBUS PRESENTS

## THE WATER CHALLENGE

reduces cancer risk - boosts energy - rids toxins - relieves fatigue  
aids in weight loss - hydrates - improves mood - promotes healthy skin

**The Challenge runs October 2 - 29**

All participants receive a custom Healthy Columbus water bottle!

REGISTER AT [SURVEYMONKEY.COM/R/2017WATERCHALLENGE](https://www.surveymonkey.com/r/2017waterchallenge)



Fall Health Screenings!

**The reasons  
we love it**

- Get a Kroger Gift Card
- Protect yourself this season with a flu shot!
- Meet the Healthy Columbus Team
- Get helpful information on nutrition and healthy eating!



## 2017 Flu Shot Program

**Flu season is coming - learn how to get your FREE flu shot ----->**

Employees and adult (18+) dependents covered by the City's health plan have several options to get a flu shot at no cost during the 2017 flu season.

Attend one of our on-site flu shot clinics during your work day walk-ins are welcome. [Click the logo for the list of onsite flu shot clinics!](#)

Use the vouchers that were mailed to your home to get vaccinated at any Central Ohio Walgreens pharmacies between October 1, 2017, and March 1, 2018.

Visit your physician's office. Dependents/children under 18 must be vaccinated at their pediatrician's office.

Employees that are NOT covered by the City's health plan should call the City's Occupational Safety and Health Clinic (645-8624) to schedule their free flu shot.

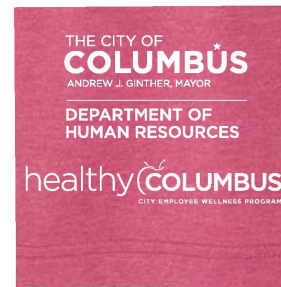


Click the t-shirt to check out our team page.  
Join the walk or donate for the shirt!

Making Strides Against Breast Cancer

# Hope starts with Me.

- Saturday, October 21st, 9:30 am
- Genoa Park (303 W. Broad St - COSI)
- 3-mile walking route
- The event is stroller and pet-friendly
- No fundraising minimums or requirements





# Create Healthy Habits, Not Restrictions.

Please don't hesitate to contact us if  
you have any questions

## The Healthy Columbus Team

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THE CITY OF  
**COLUMBUS**  
ANDREW J. GINTHER, MAYOR

DEPARTMENT OF  
HUMAN RESOURCES

healthy **COLUMBUS**  
CITY EMPLOYEE WELLNESS PROGRAM

Front Street **FITNESS**  
CITY EMPLOYEE FITNESS CENTER  
THE CITY OF  
**COLUMBUS**  
MICHAEL B. COLEMAN, MAYOR